

Umatter

for Youth and Young Adults

Youth Learn About
and Promote Mental
Health Wellness

Umatter for Youth and Young Adults (Umatter YYA) is a youth leadership and engagement initiative that includes two full days of interactive training with peers statewide, short sessions at the school/ community setting, design and implementation of a Community Action Project. The goal is to promote mental health wellness: healthy coping mechanisms among youth and young adults, and the ability to recognize when a peer needs help and how to provide it. The aim is to foster healthy community cultures for youth and young adults that promote mental health and resiliency, and address issues such as bullying and substance abuse prevention within a continuum for prevention through recovery.

Core content and skills of *Umatter YYA* includes mindset, assessing personal strengths, assets and risks, resiliency, stress, self-care, strength and risk-based coping skills and consequences, recognizing signs of distress in self and others/peers, knowing what to say and do, help-seeking.

ELEMENTS of Umatter YYA

- **Statewide Kick-Off Training Event:** Tuesday, December 5, 2017
- **One-Hour Virtual Meeting for Adult Facilitators** to review the YYA short session curriculum (December, date TBA)
- **Short Sessions:** December 2017 – March 2018 (*implemented at local location*)
- **Mental Health Wellness Promotion Community Action Project:** March – May (*implemented at local location*)
- **Culmination Event:** Thursday, May 3, 2018

Umatter was a very positive learning and community action experience that taught me how to think positively, avoid risky behaviors, ask for support when I need it and help others in my school and community.

—past program participant

COST: The cost of this program is offset by grants from VT Department of Health, VT Department of Mental Health, and private foundations. Group pays a \$300 fee. A \$175 stipend is then provided to support adult facilitators, travel and Community Action Project. This training fee may qualify under your ESSA 21st Century funding. The cost includes a group of up to eight youth and/or young adults age 13–21 and one or two adult facilitators.

LOGISTICS & REGISTRATION: Trainings will be held at the Green Mountain Club in Waterbury, VT. Materials, snacks, and beverages will be provided. Registrations will be accepted on a first-come, first served basis and space is limited to ten groups. Registration: healthandlearning.org/events

MORE INFO: Nicole Miller, Program Specialist:
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Check out the Umatter YYA video on YouTube:
[youtube.com/watch?v=87cn-Cj_0Sk](https://www.youtube.com/watch?v=87cn-Cj_0Sk)

